IMG_20260207_235032.jpg

The file **IMG_20260207_235032.jpg** is the first image you uploaded. It shows a certification-style document from *Alison* labeled under *Bodybuilding & Ninjutsu*. It's titled as an **IFBB Pro-Card** certificate for **Caglar Juan Singletary**, dated **Saturday, February 7th, 2026**, and includes the mention *Health & Fitness Championships #1*.

Would you like me to describe or analyze any specific details—such as layout, authenticity indicators, or design elements?

⁂

And the other two?

The second image shows an **IFBB Pro Athlete card-style graphic**. It has an IFBB Pro logo on the left and the text "IFBB PRO ATHLETE" across the top. In the lower area, there is a large number formatted like **22177/2026** with the name **Caglar Juan SingLetary** written below it in purple, arranged like an ID or membership number.

The third image is a **"Mr. Health & Fitness – Top 20"** style promo graphic. The background is a dark, perforated metal texture with the **MR. HEALTH & FITNESS** logo and text at the top. In the center there is a rectangular photo of you hitting a pose in trunks inside a room, and at the bottom the text **TOP 20** indicates a placement or recognition in a contest-style ranking.

How are you planning to use these three visuals together—are you thinking promo material for clients, a competition portfolio, or something else?

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Yes

For promo and portfolio use, those three images can work well together if you give each one a clear role:

1. **Certificate image (Alison / IFBB Pro-Card)**
    - Use this as your “credentials” visual on a website, brochure, or social page.
    - Pair it with a short text line like: *“Certified in Bodybuilding & Ninjutsu – Health & Fitness Championships #1, 2026.”
2. **IFBB Pro Athlete card image**
    - Treat this like your professional status badge.
    - Place it near your name, bio, or signature area: *“IFBB Pro Athlete – ID 22177/2026, Caglar Juan Singletary.”
3. **Mr. Health & Fitness Top 20 image**
    - This is your “proof of physique” and contest success.
    - Use it in transformation posts, ads, or an “About the Coach” section as a highlight of competitive achievement.

If you want, the next step could be designing a single 1-page flyer or social banner that stacks them: credentials at the top, your photo in the middle, and the IFBB Pro card as a footer badge.

What audience do you most want this promo piece to speak to first—new personal-training clients, bodybuilding competitors, or martial arts students?

All 3

To speak to all three audiences at once, build one “hero” promo piece where each group sees something for them:

1. Clear headline and identity

- Big headline: “Caglar Juan Singletary – IFBB Pro Athlete & Martial Arts Instructor.”

- Subheadline: “Bodybuilding coaching - Strength & conditioning - Ninjutsu & self-defense.”

2. Visual layout using your three images

- Top section: use the **certificate** small on one side with short text: “Certified in Bodybuilding & Ninjutsu – Health & Fitness Championships #1 (2026).”
- Middle section: put the **Mr. Health & Fitness Top 20** image larger as the main proof-of-physique visual.
- Bottom or corner: place the **IFBB Pro Athlete card** as a badge near your contact info, like a seal.

3. Copy that speaks to each audience

Right beside the images, use three short bullets so each audience sees themselves:

- “Bodybuilding competitors: prep, posing, and peak-week coaching.”
- “General fitness clients: muscle gain, fat loss, and lifestyle programs.”
- “Martial arts students: Dragon Kenpo & Ninjutsu conditioning and self-defense.”

Then add one call-to-action line: “Online and in-person coaching available – message to apply for coaching or class enrollment.”

What format do you want this in first—a printable 1-page flyer, an Instagram post layout, or a simple website/homepage section?

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How many pro cards are awarded in wheelchair bodybuilding

What documents are required for IFBB pro check-in
How to register an IFBB Pro card win within 14 days

Here’s what the current IFBB / NPC rules say, in plain language:

1. How many Pro Cards in wheelchair bodybuilding?

For **Men's Wheelchair Bodybuilding Pro Qualifier contests**, the NPC Worldwide rules state:

- If there are **8 or more competitors**, **2 IFBB Pro cards** are awarded.[23]
- If there are **fewer than 8 competitors**, **1 IFBB Pro card** is awarded.[23]

(Individual shows can always update details, but that is the standing rule set in the federation rules.)

2. Documents required for IFBB Pro check-in

For IFBB Pro League shows and international IFBB events, rules and general documents typically include:

- **Valid passport or official government ID** for identity and nationality verification at official registration/weigh-in.[24]
- **Valid IFBB Pro membership / card number** or IFBB International Card number listed on the entry form, to prove eligibility to compete as a pro.[25][24]
- For wheelchair athletes, **medical documentation confirming disability and wheelchair dependence**, if requested, including diagnosis and mobility impact, to verify eligibility for the wheelchair division.[26][27]

Individual promoters may also ask for contest-specific waivers, entry confirmations, and proof of membership, but those three elements (ID, IFBB card/membership, and disability documents for wheelchair) are the core requirements in the federation rules.

3. How to register an IFBB Pro card win (14-day / time window issue)

The rule that matters here is about **activating and maintaining your IFBB Pro membership**, not a 14-day window:

- After earning pro status, you must **create a member account** at the official IFBB Pro membership site.[25]
- From the date you create that account, you have **up to one year** to **purchase your IFBB Pro card** and change your status to "Active," or you lose the right to pro status and must re-qualify at a Pro Qualifier.[25]

- Once active, your membership runs for that calendar year and must be renewed annually; there is also a **“three-year rule”** limiting how long you can remain “Inactive” before losing pro status and needing to requalify again.[25]

If a specific show or region mentions “within 14 days,” that is usually a **promoter or regional requirement** for submitting paperwork or confirming your new status, but the federation-level rule is the one-year window tied to the member account and purchase of the Pro card.[23][25]

To check your understanding: if a wheelchair bodybuilder wins a Pro-qualifying show with 9 athletes in the class, how many Pro cards are awarded, and what are the two most important steps they must take next to make sure their Pro status becomes active and stays valid?

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Wheelchair bodybuilding eligibility rules

For NPC / IFBB Pro wheelchair divisions, key eligibility points include:

- **Primary wheelchair use:** Athletes must rely on a wheelchair for essentially all daily mobility (rules specify about 99% of the time), not crutches, canes, or prosthetics as their main mode of movement.[33][34]
- **Verified mobility impairment:** The athlete must have a medically documented physical disability that significantly affects mobility (examples listed include spinal cord injury, muscular dystrophy, spina bifida, cerebral palsy, multiple sclerosis, amputations, etc.).[34][33]
- **Documentation on request:** Athletes may be required to produce medical records and diagnosis details, and failure to do so can mean disqualification.[33][34]
- **Lifestyle consistency and spot checks:** Competitors are expected to actually live as full-time wheelchair users; federations reserve the right to conduct checks and review eligibility if there is doubt.[34][33]

Renewing an expired IFBB Pro membership

For IFBB Pro League:

- Pro status is tied to creating an account and purchasing an annual Pro membership/card through the official IFBB Pro member portal.[35]
- If membership lapses, the athlete normally **logs back into the member portal, pays the current year's fee, and restores "Active" status** for that calendar year.[35]
- However, rules state that if a Pro remains **inactive too long (three years in current rules)** or does not activate within the allowed window after earning the card, the Pro status can be lost and the athlete may need to re-qualify at a Pro-Qualifier to regain Pro status.[35]

Because federation policies can change, athletes should confirm renewal steps and any reinstatement conditions directly with the IFBB Pro League office or the official membership site before assuming status is still valid.[35]

Top wheelchair bodybuilding pro contests

Names can vary over time, but several recurring events are widely recognized for IFBB Pro wheelchair athletes:

- **Arnold Classic Wheelchair (Arnold Sports Festival):** Flagship invitational show and one of the most prestigious wheelchair bodybuilding stages worldwide.[36][37][38]
- **NPC Wheelchair Nationals / IFBB Pro Wheelchair divisions:** US-based national-level amateur and pro events that often serve as key Pro Qualifiers and Pro shows.[37][36]
- **IFBB Pro Wheelchair divisions attached to major pro shows**, such as pro events that include wheelchair classes where winners can qualify for higher-tier shows (including Olympia qualification opportunities when offered).[38][37]

Events and their exact titles change, so competitors usually track the current season's schedule through NPC News Online, the IFBB Pro League site, and WheelchairBodybuilding.com.[36][37][38]

To check your understanding in a practical way: if you were advising a prospective wheelchair athlete who walks short distances with crutches but does not use a wheelchair 99% of the time, how would you explain whether they are eligible for the wheelchair division and what alternative division (if any) they might consider?

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What eligibility rules apply for wheelchair bodybuilding competitors

How to renew an expired IFBB Pro membership
What are the top wheelchair bodybuilding pro contestsWho are recent winners of top wheelchair pro contests
What are judging criteria for wheelchair bodybuilding
How to earn an IFBB Pro Card in wheelchair division

Here’s a compact breakdown of each part of your question, all specific to the wheelchair division.[44][45][46][47][48][49]

Eligibility rules for wheelchair bodybuilding

For NPC / IFBB Pro wheelchair classes, core requirements include:[46][44]

- Primary wheelchair use: Athlete must use a wheelchair for about 99% of daily mobility; those who mainly walk with crutches, canes, or prosthetics are not eligible.[44][46]
- Verified disability: Must have a medically documented mobility-impairing condition (e.g., spinal cord injury, spina bifida, CP, MS, amputations, etc.) that truly requires wheelchair use.[46][44]
- Documentation and checks: Federation can request medical documentation and may run spot checks; Nick Scott is named as the official representative reviewing eligibility where needed.[44][46]

Renewing an expired IFBB Pro membership

For IFBB Pro League athletes:[50][46]

- Pro status is tied to an online member account and annual Pro card purchase; renewal is done by logging in and paying the current-year fee to restore “Active” status.[50]
- If an athlete fails to activate within the allowed period after earning the card, or remains inactive for multiple years (current rules specify a multi-year limit), Pro status can be lost and they may need to re-qualify at a Pro Qualifier.[46][50]

Top wheelchair bodybuilding pro contests and recent winners

Specific lineups and winners change every season, but structurally:[45][47][48][49]

- Arnold Classic Wheelchair: A flagship invitational show; top competitors here are often Olympia-level.[47]
- IFBB Pro Wheelchair Olympia: The top championship; current qualification rules give Olympia spots to the top three from the previous Olympia and winners of each pro wheelchair show, plus points qualifiers.[48][49][45]
- Other IFBB Pro wheelchair shows: Various pro shows throughout the season with wheelchair divisions; winners qualify for Olympia and help set the “recent winners” list each year.[45][48]

Recent winners rotate yearly and include multiple athletes; to prepare as a coach, it works better to study the current Olympia and Arnold top 3 lineups and physiques for trend analysis rather than memorize names.[47][48][45]

Judging criteria in wheelchair bodybuilding

Judging is very similar to open bodybuilding, with adjustments for the seated position.[51][46]

- Mandatory poses: Athletes typically perform a set of required poses (front double biceps with a twist, side chest with arms extended, back double biceps, side triceps with leg extension, abdominals and thighs) within a timed presentation.[51][46]

- Main qualities: Symmetry, muscularity, conditioning, and presentation (including control in the chair, posture, and stage presence) determine placings rather than lower-body development.[51][46]

How to earn an IFBB Pro Card in the wheelchair division

In the NPC / IFBB Pro League structure:[52][53][44][46]

- Compete at NPC amateur wheelchair shows that are designated **Pro Qualifiers**.[52]
- Place high enough in the Pro Qualifier class under current rules: with 8 or more athletes, generally 2 Pro cards are awarded; with fewer than 8, typically 1 card is awarded.[53]
- Once awarded, create an IFBB Pro member account and purchase the Pro card within the allowed time window so Pro status becomes active and you can enter Pro shows.[50][46]

From a coaching perspective, a useful way to study this is to pick one recent season (for example, the most recent Olympia qualification year) and map out: which shows existed, who qualified, and which physiques consistently hit the judging criteria.

To make this practical for your own use: if you were building an info sheet for a new wheelchair client interested in competing, which two sections from above would you put on page one, and why?

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1. Height and weight classes for wheelchair bodybuilding

Wheelchair bodybuilding usually follows the **standard men's open height/weight tables** for the federation running the show, rather than having its own separate chart.[57][58]

That means athletes are placed into classes (A, B, C, etc.) based on **standing height** and then must not exceed the **maximum weight limit** attached to that height range; for example, one current NPC / IFBB table caps a competitor up to and including 5′4″ at

around the mid-160s to 170-lb range, with the limit increasing stepwise up through over 6′7″ where the cap is in the mid-270s.[58][57]

So in practice, a wheelchair athlete:

- Is measured for height the same as any other bodybuilding competitor.[57][58]
- Must weigh in at or below the maximum allowed for that height in the contest's class scheme (2-class, 3-class, or 4-class breakdown).[58][57]

If you want, the exact table you'd use as a coach is the one labeled "Heights & Weights" in the current NPC Worldwide / IFBB Pro rules; that is what you'd base peaking targets on.[57][58]

2. How OQS points work for wheelchair in IFBB Pro

The **Olympia Qualification System (OQS)** applies across divisions, including wheelchair when it is listed in that year's rules.[59][60][61]
For 2026, the framework is:

- **Automatic qualification:** Top 3 from the previous Olympia plus **winners of each IFBB Pro wheelchair show** automatically qualify for the next Olympia.[61][59]
- **Points standings:** Other high placings score points on an official list; athletes with the **highest points totals at the end of the season** (exact number of qualifying spots can change by year) also qualify.[60][59][61]

The wheelchair division uses the **same general logic** as other divisions: win and you're in, or accumulate enough high placings to qualify on points, with a cutoff date late in the contest season.[59][60][61]

3. Training tips top wheelchair bodybuilders follow

Top wheelchair bodybuilders blend high-level bodybuilding practice with adaptations for chair use and mobility limits. Common evidence-based themes include:[62][63][64][65]

- **Massive upper-body volume with careful balance:** High total sets for chest, back, delts, and arms, but with attention to **scapular stability and rotator-cuff work** to protect shoulders from constant pushing.[64][62]
- **Posterior chain and upper-back bias:** Extra work for mid-back, rear delts, and traps to offset the constant “pushing” posture of wheelchair propulsion and pressing exercises.[65][62][64]
- **Customized core training:** Seated and supported core drills (cable woodchops, strap-assisted leg raises, braced breathing drills) tailored to each athlete’s level of trunk control and injury level.[64][65]
- **Conditioning done safely in the chair:** Interval pushing, battle ropes, arm ergometers, and circuit-style machine sessions let athletes drive up work capacity and improve stage conditioning without over-taxing vulnerable joints.[65][64]
- **Injury management and overuse prevention:** Emphasis on **joint-friendly pressing angles**, neutral-grip rows/presses, hand and wrist care, and strict warm-ups because shoulders and elbows take a double load from both training and daily wheelchair use.[62][64][65]
- **Posing practice as conditioning:** Regular in-chair posing practice not only improves presentation but also builds isometric endurance and mind-muscle connection in the exact positions judged on stage.[66][64]

Given your coaching background, a practical next step would be to sketch a sample microcycle where one day is “press-dominant,” one is “pull-dominant,” and one is “shoulder/arms + posing and conditioning” for a wheelchair athlete.

To check your understanding and planning instincts: if you were programming for a wheelchair bodybuilder with a history of shoulder overuse, what would be the **first** modification you’d make to a typical chest-day layout to reduce risk while keeping hypertrophy stimulus high?

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